Mental Health Education in Schools

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Who, What, and Where of Mental Health Care

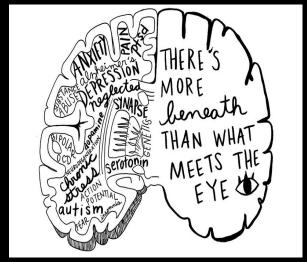
Who? School Counselors, Social Workers, and Trauma Counselors

What? Anxiety, Depression, Trauma, Eating Disorders, etc.

Where? Prevention and postvention at school, in the community, and at home



Why does this matter?



In 2018, Pickens County met with 107 parents/guardians to discuss their student's self-harm and suicidal ideations. In Spring 2019, this increased to 158.

Students face



Why?

Students have inadequate coping mechanisms & inadequate access to treatment.

- Increased suicidal ideations, attempts, and suicides
- Increased reports of anxiety and panic attacks
- Increased student psychiatric hospitalizations

Stressors Impacting Student Mental Health

- 1. Parental substance abuse
- 2. Physical, verbal, emotional abuse
- 3. Unaddressed parental mental health deficits
- 4. Domestic violence
- 5. Homelessness
- 6. Limited access to resources (i.e counseling)



Additional Issues...

Issues with Community-based Referrals

- Transportation issues
- Medicationoversight/management
- ☐ Inconsistency in treatment
- □ Costs associated with care

How can we best serve our students?

Increasing student success by increasing available supports in school

- Increase the state's student to school social worker ratio (currently 1:2475)
- Increase the state's student to school counselor ratio (currently 1:450)

Additional Opportunities

- Offer a state incentive for people to become licensed therapist (State scholarships for individuals to become licensed social workers, LCSWs or licensed counselors LPCs)
- More licensed therapist would help increase the number of students that APEX programs can serve in local schools. This would eliminate barriers to counseling.

When we address mental health, we create a system with less...



- 1. Incarceration/Recidivism
- 2. Substance Abuse
- 3. Disability claims for mental health issues
- 4. Dependence of government funds to meet basic needs
- 5. Cyclical patterns within families
 - a. Abuse/neglect
 - b. Truancy
 - c. Alcoholism & Drug use

Contact Information

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